

# Weekly Diabetes Update

**February 15, 2008**

## Grant Opportunities

- ***Volunteer Organization Capacity Building.*** The Corporation for National and Community Service anticipates awarding one cooperative agreement for approximately \$5,000,000 to a national organization to develop and execute a plan to support and build the capacity of local Volunteer Connector Organizations. The successful applicant will, in conjunction with the Corporation, provide financial resources, training, and other assistance to local affiliates/organizations that match individuals with appropriate service opportunities. The applicant will train professional volunteer managers and other nonprofits to deepen the engagement and increase the effectiveness of their volunteers. The Corporation anticipates that the successful applicant will propose a plan, subject to the Corporation's approval, that allows up to approximately 50 percent of funds provided under this agreement to be distributed on an annual basis to such local organizations through a subgrant process. Organizations intending to apply should send an email by **February 20, 2008**, to [VolCapBuild@cns.gov](mailto:VolCapBuild@cns.gov). Final applications are due by March 10, 2008. See the announcement posted online at <http://www07.grants.gov/search/search.do?mode=VIEW&oppId=40688>.
- ***Combating Hunger.*** Deadline **March 14, 2008**. The mission of the Kraft Community Nutrition Program is to help fight hunger and improve nutrition among America's low- and no-income adults and children. The program provides grants of up to \$65,000 to food banks and food-rescue and gleaning organizations throughout the United States. The focus is on increasing the delivery of nutritious, non-shelf-stable food including fresh produce, prepared food, and other perishable food. Eligible organizations must distribute food on a systematic basis to agencies or partner community sites. To access the Community Nutrition Program application guidelines, take the eligibility quiz at <http://www.kraft.com/giving/united-states/>.
- ***The Investigator Awards in Health Policy Research*** program of the Robert Wood Johnson Foundation (RWJF) funds highly qualified individuals to undertake broad studies of the most challenging policy issues in health and health care facing America. Grants of up to \$335,000 are awarded to investigators from a variety of disciplines. Successful proposals combine creative and conceptual thinking with innovative approaches to critical health problems and policy issues. Deadline for the 4-page Letter of Intent Applications is **March 26, 2008**. For more information see <http://www.investigatorawards.org/>.

### **Diabetes: What's Depression Got To Do With It?**

Depression is two times more common in people who have diabetes than in people who do not have the disease. Recent studies have shown a significant correlation between the symptoms of depression and the number and severity of diabetes complications. In addition, total health care expenditures for people with diabetes and depression are 4.5 times higher than for those without depression. A broadcast that will provide important information for health professionals about the link between diabetes and depression is scheduled for **February 21, 2008** - 9:00 a.m. - 10:00 a.m. EST (8:00-9:00 CST). The speaker is Michelle Owens, PhD, Behavioral Scientist, Centers for Disease Control and Prevention, Division of Diabetes Translation. This broadcast is offered free via satellite downlink or live webcast. To register go to <http://www.informz.net/ualbany-sph/event.asp?eid=2829&uid=0&minst=554944>.

### **Community Development Academy**

Learn how to mobilize communities to work toward change. You will learn tools to sustain communities, focus on community capacity, promote involvement, and harness community expertise. This academy is designed for non-profits, outreach programs, local and state government, and local health agencies. Training is provided by the University of Missouri Extension Community Development Program. The next training session is March 24-28, 2008, in St. Louis, Missouri. The registration deadline is **March 14<sup>th</sup>**. Course fees begin at **\$500**, not including costs for lodging and meals. For more information contact Steve Jeanetta at (573) 882-8393 or [jeanettas@missouri.edu](mailto:jeanettas@missouri.edu) or visit the website at <http://muconf.missouri.edu/commdevelopmentacademy>.

### **Training for Non-Profit Board Leaders**

The Nonprofit Services Consortium (NSC) has partnered with the Nonprofit Presidents Council to develop and offer a quarterly meeting in support of board leaders and board governance. Cost is \$20 per person per meeting, and includes continental breakfast. Deadline to register is one week prior to each meeting date. For more information on upcoming trainings, visit the NSC website at <http://www.nonprofitservices.org/npoPresidentCouncil.html>.

### **Major International Diabetes Study Does Not Confirm Increased Risk of Death Reported by US Trial**

Interim results from the ADVANCE Study, involving 11,140 high-risk patients with type 2 diabetes, provide no evidence of an increased risk of death among those patients receiving intensive treatment to lower blood glucose (sugar). These findings contrast with those reported last week by the US National Heart Lung and Blood Institute suggesting that intensive glucose lowering treatment levels had increased the death rate among patients with diabetes recruited to the ACCORD trial. Read more in the press release posted on Earthtimes.org at <http://www.earthtimes.org/articles/show/major-international-diabetes-study-does-not-confirm-increased-risk-of,279539.shtml>.

A similar story is posted in the Los Angeles Times online at <http://www.latimes.com/news/nationworld/nation/la-sci-diabetes14feb14,1,7955465.story?ctrack=2&cset=true>.

### **Bride Dies Dancing from Diabetes and Heart Disease**

Kim Sjostrom died during the Greek song that means "Love Me." She died of heart disease. Doctors say she had blockages and hardening of the arteries. Just before, she complained to her new husband about being light headed. Kim was a diabetic and Teddy thought she needed sugar. Read more in the article posted on InjuryBoard.com at <http://www.injuryboard.com/national-news/bride-dies-dancing-from-diabetes-and-heart-disease.aspx?googleid=29598>.

### **Diabetes Research News**

- Researchers at Swansea University in Wales (U.K.) are using state-of-the-art equipment to develop a breath test for diagnosing diseases including diabetes and cancer. The work could lead to the use of breath tests in routine medical examinations, long before patients show any physical symptoms. You can read more in the NewsWales article posted at <http://www.newswales.co.uk/?section=Health&F=1&id=13251>.
- Researchers from Northwestern University and Evanston Northwestern Healthcare have been studying how a faulty circadian clock, which regulates different parts of the body, including the mechanisms that control sleep and hunger, can damage the metabolism thus raising the risk for obesity and diabetes. The researchers' original work demonstrated that genes that control the internal clock also regulate body weight. You can read more about this study, which was published in the journal Cell Metabolism, from an article in the Chicago Tribune website at [http://www.chicagotribune.com/features/lifestyle/health/chi-0212\\_health\\_clock\\_rfeb12,1,3012594.story?ctrack=1&cset=true](http://www.chicagotribune.com/features/lifestyle/health/chi-0212_health_clock_rfeb12,1,3012594.story?ctrack=1&cset=true).
- A new research study being released in the American Diabetes Association's journal Diabetes Care will show that V.A.C. Therapy products, from Kinetic Concepts, Inc. (KCI), is more effective in treating foot ulcers than advanced moist wound therapy. A randomized controlled clinical trial measuring the clinical efficacy of the V.A.C. System, which relies on negative pressure wound therapy, showed that patients who were treated with KCI's product experienced a higher degree of ulcer closure, a reduction of time to healing and fewer amputations than advanced moist wound therapy. The study will be published in the April 2008 issue of Diabetes Care. For more information, see the article in the San Antonio Business Journal at <http://www.bizjournals.com/sanantonio/stories/2008/02/11/daily16.html>.
- Researchers with Type 1 Diabetes TrialNet are conducting a blind study with infants who have a sibling with type 1 diabetes, feeding them formula enhanced with a fatty acid called DHA (docosahexaenoic acid). DHA is an omega-3 fatty acid found in fish, walnuts and soybean, and researchers hope it can ward off type 1 diabetes. Read more in an article posted on TheIndyChannel.com at <http://www.theindychannel.com/health/15294200/detail.html>.
- Among Americans living to the ripe old age of 100 and counting, it is the ability to delay the onset of disability, and not the onset of disease, that seems to secure a long life. A new study reveals that 32 percent of centenarians struggle with age-related illness for 15 years or more before hitting the 100 mark. Yet mental or physical disability is no more prevalent among this group than among centenarians who stave off disease until later in

life. Read more in the article in the Atlanta Journal-Constitution posted at <http://www.ajc.com/health/content/shared-auto/healthnews/age-/612549.html>.

### **Active Education: Physical Education, Physical Activity, and Academic Performance**

Active Living Research (ALR), a program of the Robert Wood Johnson Foundation, has issued its Fall 2007 Research Brief. The title of the brief is Active Education: Physical Education, Physical Activity, and Academic Performance, and research has found that children who are physically active and fit have stronger academic performance. You can download the four-page document from ALR's website at [http://www.activelivingresearch.org/alr/alr/files/Active\\_Ed.pdf](http://www.activelivingresearch.org/alr/alr/files/Active_Ed.pdf).

### **Symptoms: Metabolic Syndrome Is Tied to Diet Soda**

Researchers have found a correlation between drinking diet soda and metabolic syndrome — the collection of risk factors for cardiovascular disease and diabetes that include abdominal obesity, high cholesterol and blood glucose levels, and elevated blood pressure. The risk of developing metabolic syndrome was 34 percent higher among those who drank one can of diet soda a day compared with those who drank none. It is unknown if the link is due to a chemical in diet soda or the behaviors of those who drink diet soda. You can read more about this study in the New York Times article posted online at <http://www.nytimes.com/2008/02/05/health/nutrition/05symp.html?ref=health>.

### **Go Red for Women**

Heart disease continues to be the #1 killer of women in America, but there are ways to take good heart health back into your own hands. Here's three easy steps:

1. Start the Go Red Heart CheckUp today. If you don't know your numbers, get them by visiting a healthcare provider.
2. After you complete the Go Red Heart Checkup, select a **Personal Action Plan** that addresses specific challenges (like stopping smoking, weight loss, or managing cholesterol levels.)
3. Remember: Making healthy changes = taking charge of living longer and stronger.

Access the Heart Checkup online at <http://www.goredforwomen.org/hcu/index.aspx>.

### **American Heart Association/American Stroke Association Strategic Alliances eNewsletter**

Attached is the Winter 2008 edition of the Strategic Alliances eNewsletter from the American Heart Association/American Stroke Association.

### **New Resources from the NKUDIC**

Attached is a listing of new resources for consumers, from the National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC).

### **Weekly Diabetes Recipe**

How about some spaghetti and meatballs? Sounds good, right? Use whole grain pasta and it will be even better. Attached is the recipe, which lists the dietary exchanges for this version of one of your favorite foods.

## Strategic Alliances eNewsletter

Winter 2008

### » Just For You!

#### **American Heart Association achieves 2010 goal of reducing deaths from coronary heart disease**

The American Heart Association has achieved its 2010 strategic goal for reducing deaths from coronary heart disease and nearly achieved its goal for stroke- well ahead of time. The goal was set in 1999 and called for a 25 percent reduction in these diseases by 2010. New mortality data from the Centers for Disease Control and Prevention (CDC) shows that, since 1999, coronary heart disease and stroke age-adjusted death rates are down 25.8 percent and 24.4 percent, respectively.

But American Heart Association president Dan Jones, M.D., said the victory could be short-lived if the risk factors that lead to heart disease and stroke are not also reduced.

"This progress in reducing death rates is a landmark achievement and has come about as a result of tremendous efforts from many partners in research, health care, government, business and communities," Jones said. "As encouraging as this news is, heart disease and stroke remain the No. 1 and No. 3 causes of death in the United States. We still have goals that we haven't yet met."

See more detailed [coverage and the latest CDC mortality data](#).

We hope you'll incorporate our messages, products and activities into your programs. Please forward this e-newsletter to your members and partners. If you have questions or comments, or see an opportunity for collaboration, please contact our [Strategic Alliances team](#).



### Program Spotlight



The American Heart Association's Go Red For Women movement celebrates the energy, passion and power women have to band together and wipe out heart disease. Thousands of women, companies, organizations and cities across America showed their support on **National Wear Red Day, Friday, Feb. 1.**

#### **Upcoming AHA/ASA Scientific Conferences ([full listing](#))**

#### **[International Stroke Conference 2008](#)**



**Register**

In 1997, only 7 percent of women believed that heart disease was the greatest threat to their health. Since the inception of Go Red For Women, that number has nearly tripled. Yet, in spite of our efforts, **only one in five women (21 percent) believe that heart disease is the leading cause of death among women.** In fact, one in three women has cardiovascular disease, and every minute one woman dies from it. [Find more information](#) about Go Red For Women and how you can live a heart-healthy life.

Even though Feb. 1 is past, you can still help spread the word. Take Wear Red Day to your workplace with our free program toolkit. It provides employees, members and associates all the information they need to educate themselves and their loved ones about heart disease in women. It also gives them tools on how to take action and live a healthy lifestyle. [Learn more](#) about holding a Wear Red Day promotion at your workplace or organization.

## Alliance Spotlight

### AHA proud partner of Preventive Health Partnership

Cardiovascular disease (including stroke), cancer and diabetes account for about two-thirds of deaths in the United States and about \$700 billion in direct and indirect costs each year. Current prevention efforts are not enough. Deaths and healthcare costs could be reduced by increasing the application of public health and clinical interventions of known efficacy to reduce tobacco use, poor diet and insufficient physical activity-major risk factors for these diseases. More frequent use of early screening tests is also needed.

The American Heart Association, the American Cancer Society and the American Diabetes Association are collaborating to develop strategies for the prevention and early detection of cardiovascular disease, cancer and diabetes. The goal is to improve primary prevention and early detection efforts by increasing public awareness about the importance of healthy lifestyles and legislative action that results in more funding for and access to primary prevention programs and research.

For more information go to [everydaychoices.org](http://everydaychoices.org).

## Science News

### Abdominal fat distribution predicts heart disease

Abdominal obesity is a strong independent risk factor for heart disease, and using the waist-hip ratio rather than waist measurement alone is a better predictor of heart disease risk among men and women, researchers said.

### Out-of-hospital cardiac arrest survival rates similar after bystanders delivered standard CPR or chest-only compressions



Feb. 19-22  
Ernest N. Morial Convention Center  
New Orleans  
Join us as we highlight over 800 presentations emphasizing basic, clinical and translational cerebrovascular science.

### [Nutrition, Physical Activity and Metabolism Conference 2008](#)

### [48th Cardiovascular Disease Epidemiology and Prevention Conference 2008](#)

March 11-15  
The BROADMOOR Hotel -  
Colorado Springs  
[Register today!](#)

### [Arteriosclerosis, Thrombosis and Vascular Biology Annual Conference 2008](#)

April 16-18  
Omni Hotel at CNN Center -  
Atlanta  
[Submit Abstracts](#)

### [Quality of Care and Outcomes Research in Cardiovascular Disease and Stroke Conference 2008](#)

April 30-May 2  
Hyatt Regency Baltimore -  
Baltimore  
[Submit Abstracts](#)

### [Basic Cardiovascular Sciences Conference 2008 - Heart Failure: Molecular Mechanisms and Therapeutic Targets](#)

July 28-31  
Keystone Conference Center -  
Keystone, CO

### [Stroke Science OnDemand®](#)



### **compressions**

A simpler version of bystander-delivered cardiopulmonary resuscitation (CPR) that skips mouth-to-mouth resuscitation may be just as effective for out-of-hospital cardiac arrest victims as standard CPR, according to two studies.

### **Amount of kids' exercise important in lowering blood pressure**

Total amount of exercise may be more important than its intensity in lowering blood pressure in children, United Kingdom researchers reported. The study - part of the Avon Longitudinal Study of Parents and Children, based in Bristol, United Kingdom - measured the blood pressure of the children in a research clinic.

### **New guidelines address care, treatment for heart attacks**

New clinical trial data on heart attack care has prompted the American College of Cardiology and the American Heart Association to update their joint guidelines for treating the type of heart attack called ST elevation myocardial infarction (STEMI).

### **Lack of vitamin D may increase heart disease risk**

The same vitamin D deficiency that can result in weak bones now has been associated with an increased risk of cardiovascular disease, Framingham Heart Study researchers report. The higher risk associated with vitamin D deficiency was particularly evident among people with high blood pressure, according to researchers.

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## **American Stroke Association**

The American Stroke Association is proud to announce the State-of-the-Art Stroke Nursing Symposium at the International Stroke Conference in February. This forum will provide information and networking opportunities for nursing and other healthcare professionals who treat patients and families in all phases of stroke treatment, from the emergency department through rehabilitation.

The Symposium is sponsored by the American Heart Association's Stroke Nursing Committee of the Council on Cardiovascular Nursing and co-sponsored by the Preventive Cardiovascular Nurses Association.

The symposium will update and inform the audience about nursing issues along the continuum of stroke care (ischemic and hemorrhagic stroke management, rehabilitation and stroke program development).

Continuing Education Accreditation - Nurses

This program (08-NC-067) has been approved by the American Association of Critical Care Nurses (AACN) for 7.50 Contact Hours, Category A, File number 00014011.

### **Features Include:**

- Audio
- Synchronized Slides
- Transcripts

AHA/ASA Professional Members

Save 40%

Non-Member Attendees Save 10%

[View Presentation from 2007](#)

[Purchase Today](#)

## **Professional Memberships**

### **AHA/ASA Professional Membership**

"Building healthier lives, free of cardiovascular diseases and stroke" is the mission of the American Heart

Association/American Stroke Association and its professional membership. The membership program comprises 13 scientific councils and three interdisciplinary working groups (IWGs) that work to increase understanding of the heart, circulatory system, brain and other interdependent organs. These efforts ensure that sound medical and scientific knowledge underlies the association's efforts to reduce the impact of heart disease and stroke. To learn more about the councils and the IWGs, please go to [myamericanheart.org](http://myamericanheart.org).

The newly enhanced, four-tiered program has been redesigned to provide a wealth of timely and relevant information to our members and let them choose the level appropriate for their professional needs.

### **Member Benefits**

Professional members receive many benefits depending on their



Visit [strokeconference.org](http://strokeconference.org) for up-to-date program information.

Don't forget that May is American Stroke Month. Please dedicate extra time and focus on preventing the nation's No. 3 killer through prevention, awareness and outreach efforts.

Stroke products can be purchased at [krames.com/aha](http://krames.com/aha).

For more stroke resources, visit [StrokeAssociation.org](http://StrokeAssociation.org) or call 1-888-4-STROKE.

"The Stroke Trials Registry" ([stroketrials.org](http://stroketrials.org)) is another resource. It offers free information on the latest research to medical professionals, researchers and families dealing with stroke.

The registry, a collaboration between the American Stroke Association, Washington University School of Medicine in St. Louis, and the National Institute of Neurological Disorders and Stroke (NINDS), is a database of clinical trials investigating strategies to prevent, treat and recover from stroke and cerebrovascular diseases. The site lets users track the progress of trials and get information more quickly than relying on published journal articles or media reports.

#### **New online tool for blood pressure management**

We are proud to partner with Microsoft on a new Web-based tool to help reduce the incidence of high blood pressure. Microsoft HealthVault allows users to track blood pressure measurements while monitoring weight, physical activity and more. This alliance with Microsoft and their new consumer health platform helps us implement our vision for health information technology. [Enter the tool and Microsoft HealthVault.](#)

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## **Patient Education**

### **AHA/ASA Patient Education Brochure Line**

The American Heart Association and American Stroke Association have over 70 brochures covering cardiovascular disease and stroke conditions, procedures, prevention and awareness, including the following on women and heart disease, increasing awareness of heart attack risk, and taking steps to maintaining a healthy heart.

### **Women, Heart Disease and Stroke (50-1532)**

For women of all ages: important information that raises awareness about the seriousness of heart disease and stroke, related risk factors (including family history, diabetes, cholesterol and high blood pressure), warning signs and what to do in an acute event. Urges readers to discuss prevention measures with their healthcare provider.

level of membership. Benefits may include discounts on AHA scientific journal print subscriptions, access to the online AHA/ASA Membership Directory and greatly reduced registration fees to Scientific Sessions and other scientific meetings. We've also added new Web resources including all five online AHA scientific journals, Core Clinical Textbook Content, Bi-Weekly Clinical Updates, a continually updated Drug Database and much more. ([More Information](#))

## **Research Administration**

### **AHA-FARA Partnership: A new strategic alliance to fund research**

The American Heart Association recently joined with the Friedreich's Ataxia Research Alliance (FARA) to offer a research award for investigators conducting research related to Friedreich's Ataxia and cardiology. The award supports basic, clinical, population or translational research relevant to the causes or treatment of cardiovascular diseases in Friedreich's Ataxia patients. The award is limited to Beginning Grant-in-Aid and Grant-in-Aid programs available through AHA affiliates. To learn more about this disease, please visit FARA's Web site at [curefa.org](http://curefa.org)

In addition to the regular research programs offered by the AHA, special funding is available from several foundations/societies that have joined with the AHA to sponsor research targeting cardiovascular aging, emergency medicine, pediatric cardiomyopathy and resuscitation. [Find more](#)

### Are You at Risk of Heart Attack or Stroke? (50-1494)

A quick, convenient way to assess one's risk of heart attack or stroke. A series of questions about age and sex, family and medical history, smoking, cholesterol, blood pressure, obesity, diabetes and physical exercise helps readers determine where to focus their efforts to reduce their risk. Describes risk factors and lists warning signs of heart attack and stroke.

### Six Steps to a Healthy Heart (50-1496)

A concise yet thorough explanation of the American Heart Association's recommendations for healthy living: avoid tobacco smoke, monitor high blood pressure, eat food low in cholesterol and saturated fats, be physically active, maintain a healthy weight and get regular medical exams.

### Controlling Your Risk Factors: Our Guide to Reducing Your Risk of Heart Attack and Stroke (50-1488)

Defines the risk factors leading to heart attack or stroke - hypertension, high cholesterol, smoking, physical inactivity, obesity, diabetes, family history, sex, age and race - and clearly explains American Heart Association recommendations. Also includes a discussion of stress and excessive alcohol use.

To order a products or request a sample, call Krames, AHA/ASA's national distributor, at 800-333-3032 or visit [krames.com/aha](http://krames.com/aha).

## Power To End Stroke

[Power To End Stroke](#) is an aggressive education and awareness campaign that embraces and celebrates the culture, energy, creativity and lifestyles of African Americans. It unites African Americans to help reduce stroke in their community.

How you can help:

- Encourage people to regularly visit their doctor and learn about reducing their risk.
- Call 800-4-STROKE to get more information on Power To End Stroke. Join the movement.

Become a Power To End Stroke [Ambassador](#) and ignite your power.

[information](#).

## Cause Initiatives Corner

### 'Face the Fats' national consumer education campaign adds new elements

The American Heart Association's "Face the Fats" national awareness campaign helps consumers understand the different types of dietary fats and make heart-healthy choices.

The campaign Web site, [AmericanHeart.org/FaceTheFats](http://AmericanHeart.org/FaceTheFats), has been updated to include more personalized features, including heart-healthy winter recipes by David Hagedorn, a chef and food columnist for The Washington Post. Chef David has refashioned a few familiar comfort foods into satisfying heart-healthy [winter dishes](#). The "Face the Fats" campaign has proven popular since its launch in April 2007, generating great media coverage and many new visitors to the Web site.



## Consumer Publications

*Light & Easy Recipes*, the 2008 Go Red For Women magazine cookbook, is coming soon! This 100-page limited edition includes 47 new recipes and 24 tantalizing photographs as well as the latest dietary recommendations and newest information on the Go Red For Women movement. The

magazine also includes an Ask the Expert column, three personal stories from everyday women and health information on the risk factors for heart disease. Look for *Light & Easy Recipes* at grocery-store checkouts nationwide starting Feb. 5 and online at [shopgored.com](http://shopgored.com) starting Feb. 19.

[Donate](#) | [Learn & Live Quiz](#) | [Forward to a Friend](#)

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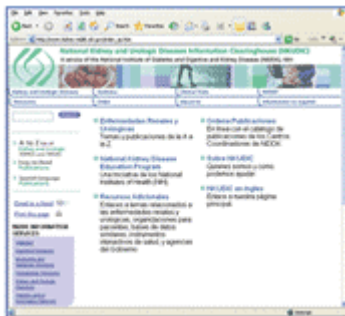
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## New Resources from the NKUDIC!

The NKUDIC has developed new publications and resources for consumers.



## Spanish Health Information

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) launched three new website portals to feature Spanish-language health materials and resources from its information clearinghouses. People looking for information about digestive diseases, diabetes, or kidney and urologic diseases in Spanish can now go directly to the appropriate Spanish-language portal page, where they will find an A to Z list of topics and titles. The portals are available at

- [www.digestive-espanol.niddk.nih.gov](http://www.digestive-espanol.niddk.nih.gov) for digestive diseases information
- [www.diabetes-espanol.niddk.nih.gov](http://www.diabetes-espanol.niddk.nih.gov) for diabetes information
- [www.kidney-espanol.niddk.nih.gov](http://www.kidney-espanol.niddk.nih.gov) for kidney and urologic diseases information

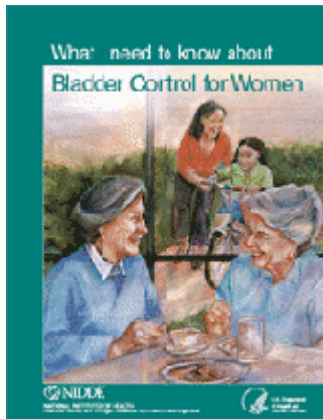


## NIDDK Awareness and Prevention Series

The NIDDK created the Awareness and Prevention Series specifically for distribution at local health events, such as workplace health forums and community health fairs. This series of fact sheets provides readers with a snapshot of illnesses ranging from diabetes to urinary tract infections. All fact sheets are written in English on one side and Spanish on the other. The goal is to familiarize readers with these illnesses so they can take steps to prevent them.

or see a doctor if they have symptoms.

Awareness and Prevention Series publications are available at [www.niddk.nih.gov](http://www.niddk.nih.gov).



***New! What I need to know about Bladder Control for Women***

The easy-to-read booklet *What I need to know about Bladder Control for Women* prepares women to talk about the problem with a health care provider and includes a worksheet and bladder diary they can complete before their medical appointment. The booklet also includes a tip sheet for performing pelvic muscle exercises and a list of bladder control medicines doctors might prescribe, along with their side effects.

*What I need to know about Bladder Control for Women* incorporates useful information and tools from the NIDDK's Let's Talk about Bladder Control for Women Series into one comprehensive resource. Readers no longer need to order multiple publications. All of these resources are services of the NKUDIC and can be accessed online at [www.kidney.niddk.nih.gov/resources/index.htm](http://www.kidney.niddk.nih.gov/resources/index.htm).

## Spaghetti and Meatballs Recipe

### Ingredients

- 6 ounces multigrain or whole wheat spaghetti, uncooked
  - $\frac{3}{4}$  pound extra-lean ground beef
  - $\frac{1}{4}$  pound hot turkey Italian sausage, casing removed
  - 1 large egg
  - 2 tablespoons plain, dry bread crumbs
  - 1 teaspoon dried oregano
  - 2 cups tomato-basil spaghetti sauce
  - 2 tablespoons grated parmesan cheese
  - 3 tablespoons chopped fresh basil
  - Nonstick cooking spray
1. Preheat oven to 450 degrees-F. Coat baking sheet with nonstick cooking spray, set aside. Cook spaghetti according to package directions, omitting salt and fat.
  2. Combine beef, sausage, egg white, bread crumbs, and oregano in medium bowl. Mix well. Shape meat mixture in to 16 ( $1\frac{1}{2}$  -inch) meatballs. Place meatballs on prepared baking sheet. Coat meatballs with cooking spray. Bake 6 minutes. Turn meatballs over; bake 6 minutes more.
  3. Pour spaghetti sauce into large skillet; add baked meatballs. Cook over medium heat, stirring often, until sauce is hot and meatballs are no longer pink in center, about 9 minutes. Drain spaghetti; divide among 4 plates. Top with meatballs and sauce; garnish with cheese and basil.

Makes 4 servings (3 meatballs,  $\frac{3}{4}$  cup spaghetti and  $\frac{1}{4}$  cup sauce)

### Dietary Exchanges

- 2 Vegetable
- 2 Starch
- 3 Meat

**Calories:** 388 (22% of calories from fat)

**Total Fat:** 10g

**Saturated Fat:** 3g

**Protein:** 34g

**Carbohydrate:** 41g

**Cholesterol:** 69mg

**Dietary Fiber:** 5g

**Sodium:** 760mg